

Chef to Chef

Standard cooking times

In response to numerous requests and inquiries regarding cooking times, we would like to make the following table available to you. Please note that these are standard values, which may change according to the operating conditions. These values also depend on the food size and quality.

For pressure cooking, vegetable structure also plays an important role and the cooking time can be set according to the cut size.

Generally, the indicated standard values for deep frozen vegetables can be reduced by 50%, because they have been heat-treated before freezing.



Roasting		Temperature [°C]
Browning meat (minced meat, ragout, braised beef, Bolognaise)		220 - 250
Cutlets, meat roulades, steaks, escalopes, veal knuckles		180 - 220
Filets of fish		175 - 190
Pancakes		190 - 200
Pasta, Spätzle, Knöpfli, Schupfnudeln (finger-shaped potato dumplings)		200 - 220
Semolina, corn pancakes		130 - 180
Fried sausages		160 - 225
Fried potatoes, Rösti (hash brown potatoes)		220 - 230
Fried eggs		130 - 150

Fresh vegetables Vital pressure cooking	Catering to the elderly [Min]	Restaurants [Min]
Diced boiled potatoes	10 - 15	6 - 8
Whole potatoes, in their jackets (depending on size)	20 - 30	12 - 20
Cauliflower flowerets	6 - 10	3 - 5
Carrots whole	10 - 15	8 - 10
Carrots cut up	5 - 10	3 - 5
Kohlrabi cut up	5 - 10	3 - 5
Celery cut up	5 - 8	3 - 5
Beetroots whole	50 - 70	30 - 50
Cabbage (Savoy)	15 - 20	10 - 15
Green beans	5 - 10	3 - 5
Fennel whole	20 - 30	15 - 30
Fennel cut up	8 - 12	5 - 8
Belgian endive whole	15 - 20	10 - 15



Stew Vital pressure cooking	Catering to the elderly [Min]	Restaurants [Min]
Beef ragout	45 - 55	30 - 40
Pork knuckles cut up	30 - 45	25 - 35
Veal roulades	20 - 30	15 - 20
Minced veal 2nd grade	15 - 20	10 - 15
Turkey goulash	15 - 25	15 - 20
Beef escalopes	25 - 40	25 - 35
Stewed beef	75 - 90	60 - 90
Venison ragout	30 - 45	25 - 35
Roast pork (neck)	60 - 90	60 - 75
Pork ragout	30 - 45	25 - 30
Veal shoulder	60 - 80	50 - 65
Chicken legs	25 - 35	15 - 25
Lamb knuckles cut up	30 - 40	25 - 30
Leg of lamb	60 - 85	50 - 75
Vital pressure cooking - core temperature standard values		Temperature [°C]
Poultry		75
Pork neck		80
Pork rack		73
Braised beef		90
Braised veal shoulder		72 - 75
Leg of lamb		70 - 75
Shallow float frying		Temperature [°C]
Potato croquettes		160 - 190
Spring rolls		160 - 190
Fish, shell fish, seafood		160 - 190
Vegetables, mushrooms		160 - 190
Pancakes		160 - 190
Donuts		160 - 190
Fruits		160 - 190



This table of standard values should not keep you from gathering your own experience. It is intended to help you get started and become conversant in your cooking technique more quickly.

I wish you much success, lots of positive experience and happy cooking.

Kindest regards,

Dirk Neumerkel

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